

	6 th Grade PE	7 th Grade PE	8 th Grade PE
Week			
1	Intro / Invasion	Intro / Ultimate	Intro / Ultimate
2	Soccer	Ultimate Frisbee	Ultimate Frisbee
3	X – Country / Fitnessgram	X – Country / Fitnessgram	X – Country / Fitnessgram
4	X – Country / Fitnessgram	X – Country / Fitnessgram	X – Country / Fitnessgram
5	Tennis	Tennis	Tennis
6	Tennis	Tennis	Tennis
7	Volleying – Vball, eclipse ball, takraw	Volleying – Vball, eclipse ball, takraw Volleyball	Volle Volleying – Vball, eclipse ball, takraw yball
8	Cooperative Activities	Cooperative Activities	Cooperative Activities
9	Cooperative Activities	Cooperative Activities	Cooperative Activities
10	Rollerblading	Rollerblading	Rollerblading
11	Rollerblading	Rollerblading	Rollerblading
12	Rollerblading	Rollerblading	Rollerblading
13	Swimming	Swimming	Swimming
14	Swimming	Swimming	Swimming
15	Scuba Diving	Scuba Diving	Scuba Diving
16	Basketball	Basketball	Basketball
17	Basketball	Basketball	Basketball
18	Badminton	Badminton	Badminton
19	Badminton	Badminton	Badminton

20	Snowshoeing	Snowshoeing	Snowshoeing
21	Olympics	Olympics	Olympics
22	Olympics	Olympics	Olympics
23	Line Dance	Weight Training	Weight Training
24	Line Dance	Weight Training	Weight Training
25	Line Dance	Weight Training	Yoga
26	Pickleball	Bowling	Bowling
27	Pickleball	Pickleball	Pickleball
28	Floor Hockey / Broomball	Floor Hockey / Broomball	Floor Hockey / Broomball
29	Floor Hockey / Broomball	Floor Hockey / Broomball	Floor Hockey / Broomball
30	Softball	Softball	Swing Dance
31	Track and Field	Rugby	Swing Dance
32	Track and Field	Rugby	Rugby
33	Track and Field	Golf	Golf
34	Fitnessgram	Fitnessgram	Fitnessgram
35	Fitnessgram	Fitnessgram	Fitnessgram
36	Clean out lockers / 6 th grade PE graduation	Clean out lockers / 7 th grade PE graduation	Clean out lockers and OMS PE graduation